**Supplemental Content 1: Table 1. Descriptive Statistics for International Physical Activity Questionnaire (IPAQ) instrument**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Mean (S.D.)** | **Median** | **n** |
| *Job-related physical activity (hours/day)* |  |  |  |
|  | vigorous activities | 0.5 (1.2) | 0 | 91 |
|  | moderate activities | 0.7 (1.3) | 0 | 91 |
|  | walking as part of your work | 1.1 (1.7) | 0.25 | 91 |
| *Transportation physical activity (hours/day)* |  |  |  |
|  | traveling in a motor vehicle | 1.8 (1.4) | 1.5 | 89 |
|  | bicycling from place to place | 0.0 (0.1) | 0 | 91 |
|  | walking from place to place | 1.3 (3.4) | 0.5 | 91 |
| *Housework, maintenance and caring (hours/day)* |  |  |  |
|  | vigorous activities in garden or yard | 0.6 (1.1) | 0 | 91 |
|  | moderate activities in garden or yard | 0.8 (1.0) | 0.3 | 91 |
|  | moderate activities inside home | 1.2 (1.2) | 1 | 89 |
| *Recreation, sport and leisure-time physical activity (hours/day)* |  |  |  |
|  | walking | 0.7 (0.9) | 0.5 | 91 |
|  | vigorous activities | 0.5 (1.0) | 0 | 91 |
|  | moderate activities | 0.2 (0.5) | 0 | 91 |
| *Time spent sitting (hours/day)* |  |  |  |
|  | sitting on a weekday | 6.1 (3.1) | 6 | 90 |
|  | sitting on a weekend | 4.6 (2.5) | 4 | 90 |

Note: Standard deviations are displayed in the parentheses. n is sample size.